

# Vernon events

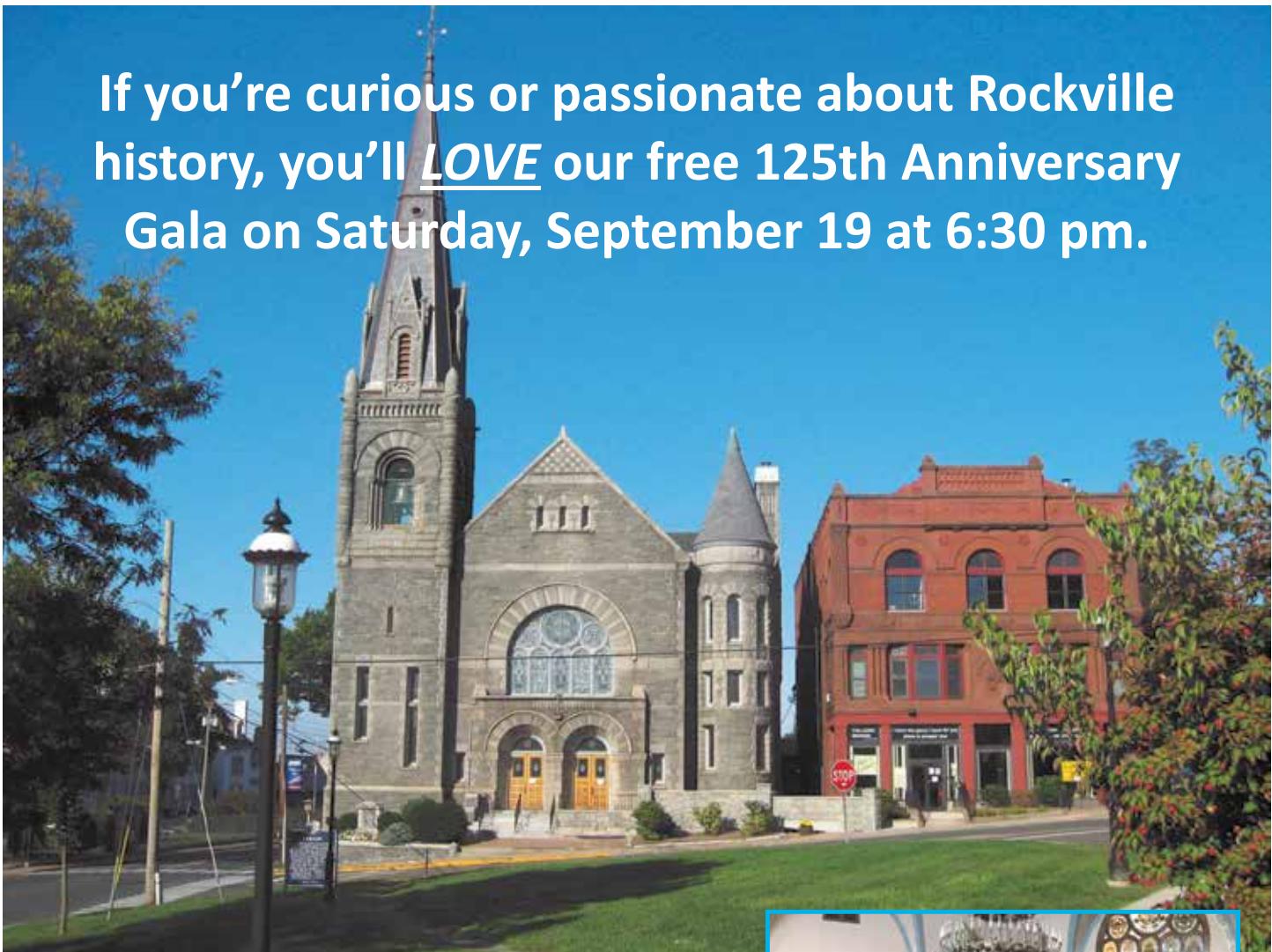
VOLUME 1 • QUARTER 3 • 2015



DELIVERING TOWN NEWS

TO EVERYONE IN TOWN

# If you're curious or passionate about Rockville history, you'll LOVE our free 125th Anniversary Gala on Saturday, September 19 at 6:30 pm.



This Gala will be a fascinating multi-media journey through time, from the dedication of the gorgeous granite building in September of 1890 to the present, with a public introduction to our new pastor and a glimpse of our exciting future.

- Costumed greeters!
- Uplifting choral music!
- Majestic pipe organ music!
- Official Town Proclamation!
- Inspirational guest speakers!
- Videos and live Christian dance!
- Cameo appearances by dignitaries!
- Contemporary praise & worship music!
- Displays showcasing our 125-year journey!
- A Grand Finale that will blow your socks off!



The Gala will also be a Homecoming for those who were affiliated or connected with the church in years past. Dress is casual. The sanctuary seats 600+ souls, so there's plenty of room. Please get the word out, invite others, and join us!



If you've never stepped inside our sanctuary and chapel, you're in for an architectural and acoustical treat.

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## The Memorial Building

The Memorial Building, Vernon's Town Hall, was built in 1889, as a memorial to the soldiers and sailors from Vernon who died during the Civil War. The original plans for the building called for a Memorial Hall to be included as a meeting for the local veterans. The Memorial Hall, located on the second floor, was dedicated over a hundred and twenty years ago, in September 1890, and placed in the care of the Grand Army of the Republic, an organization of Union Army veterans. That organization and its successor, the Sons of Union Veterans of the Civil War, have been the caretakers of the hall ever since.

The G.A.R. was once a very large and active organization, that took care of widows, orphans and pushed for increased veterans benefits, with halls across Connecticut. Rockville's G.A.R. Hall is said to be one of the last intact, remaining halls in the state. Its original décor and the fine collection of Civil War artifacts now encompass the New England Civil War Museum.

The beautiful stained glass windows on the street façade of the building dominate the room. The central window features a G.A.R. membership badge. The ribbon at its bottom identifies the Rockville post of the G.A.R., Burpee Post#71. The post was named after Colonel Thomas F. Burpee, of Rockville, who served with the 21st Connecticut Volunteer Infantry and was mortally wounded at the Battle of Cold Harbor in 1864.

The symbols of the four services, at that time, are depicted on the two side windows. On the left are the stacked rifles of the infantry and the crossed cannons of the artillery. On the right are the crossed sabers of the cavalry and the rope and anchor of the navy. The windows are capped by the initials of the Grand Army of the Republic, G.A.R.

S. Ardis Abbott, Town Historian  
Matthew Reardon, Museum Director  
Alexander Oliphant, Museum Curator

## The Mayor's Corner

It is hard to believe that the first day of school is here! I sincerely hope that everyone took advantage of the summer break and recharged to start the new school year refreshed. We are honored to welcome our new Superintendent Joseph Macary, in this edition of Events Magazine. Please make Mr. Macary feel welcome as he begins his new assignment.

This school year will coincide with many new projects in Vernon. The property at 19 Grove Street has been remediated and cleared of debris. It was a long time coming but, the finish line is in sight. These improvements will surely be a boost for the Grove Street area. The Town has plans to make this an extension of the Paper Mill Pond Park for all to enjoy. Right across the street, the buildings known as Ameribelle campus are being remediated and the density decreased, in preparation for reuse. We are looking to boost our economic landscape in this area and improve the historic gateway to our government center.

In addition to creating an improved gateway, we are working hard to complete the eighteen miles of road paving scheduled in the approved road bond. At present, our Public Works Department is on mile fourteen and fully anticipates reaching their goal before the paving season ends. We are very fortunate to have such a skilled department to manage these projects for us as citizens.

The first page story for this edition is one of historic significance and a hidden charm for our government center. Located on the second floor of Town Hall, the G.A.R. Museum, is open on

Thursdays and Sundays during the year. This summer, members of the Rockville Post of the G.A.R., Burpee Post #71 are keeping the museum open extended hours to coincide with the Farmers Market held across the street every Thursday. Please stop by and visit one of Vernon's treasures, or check out the website at [www.newenglandcivilwarmuseum.com](http://www.newenglandcivilwarmuseum.com). Special Thanks to Mr. Tad Sattler for our inside cover story photograph.



Mayor Daniel A. Champagne

Upcoming events include the Rockville Festival held in late September in Central Park. Contact the Parks and Recreation Department for all the details. Also included in the Parks section is information about R.E.K. and other programs for your children throughout the school year.

In closing, while I know that everyone's lives are very busy, I ask that you consider volunteering for one of our many boards and commissions or if you are interested we are always looking for volunteers for our Fire Department and other activities/events run by the Town of Vernon. Please call my office at 860-870-3601 or check out the website [vernon-ct.gov](http://vernon-ct.gov) for details. Thank you for your trust and allowing me to serve as your Mayor!

Daniel A. Champagne, Mayor

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# Vernon Volunteers' Collaborative

It's Almost Fall - Go Outside And Enjoy It! Fall is the perfect time to enjoy the outdoors after the heat of summer and before the cold of winter. Vernon Volunteers' Collaborative (VVC) organizations have six upcoming activities to get you outside.

## Beetlemania - Sept. 12 (Sat.)

Each fall Vernon Greenways Volunteers inspects the Rail Trail for infestations of the Emerald Ash Borer and Asian Longhorned Beetle. Our goal is to find them when they can be more easily controlled. Volunteer teams are led by experienced conservationists.

## Farm Work Day - Sept. 19 (Sat.)

The Strong Family Farm's Fall Work Day is a great way to get the whole family outside with many projects to choose from. Your time spent at the farm is sure to be an enjoyable, worthwhile experience and your help will be well appreciated.

## Old CT Path Walk - Sept. 26 (Sat.)

The Vernon Historical Society's walk at the Belding WMA will be led by history researcher Jason Newton and wildlife biologist Jane Seymour. See VHS's Events article on Newton's Sep. 20 presentation of his findings.

## Webster Preserve Hike - Oct. 11 (Sun.)

The Northern CT Land Trust leads this hike on one of their lesser known properties off Valley Falls Road and above the Rail Trail. Should be great fall foliage viewing.

## Farm Harvest Festival - Oct. 17 (Sat.)

The Strong Family Farm festival includes children's activities, pumpkin decorating, farm tours and the farm's annual scarecrow contest. Apple sales, hay bale maze, animals, vendors, music and a farewell to the farm's summer chickens.



*Strong Family Farm scarecrow contestant. Photo by: Jon Roe*

## Talcott Ravine History & Geology Walk - Oct. 24 (Sat.)

This three-mile Northern CT Land Trust walk begins in historic Talcottville and includes a loop through Talcott Ravine returning on the Rail Trail.

To learn more about these events visit our [VernonVolunteers.org](http://VernonVolunteers.org) website. To receive email announcements about these events join our MeetUp group. Find out how on our website.



*Talcott Ravine history and geology walk.*

*Photo by: Cynthia Barlow*



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# events

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## Community Police Officer



Officer Aaron Grechko was selected to be the new "Community Police Officer" on June 21, 2015. The

Community Police Officer is assigned to downtown Rockville. He is responsible for investigating all manner of crimes and quality of life issues. He works closely with residents, business owners and civic groups to improve Rockville. Aaron has already made a positive impact in his patrol area. Aaron is a 4 year veteran of the Vernon Police Department. Aaron was previously assigned to the patrol division and worked on the evening shift. Aaron received a distinguished service award for arresting an armed felon on 3/28/14.

Aaron responded to a burglary at a local gun shop. Upon his arrival he saw a male running from the scene. Aaron chased the male and caught him a short time later. The male was armed with a loaded handgun at the time.

Prior to his service with the Vernon Police Department, Aaron served in the United States Army Reserve as a military police officer. Aaron served one year in Iraq in 2008/2009 in support of Operation Iraqi Freedom. Aaron was a sergeant and a squad leader. Aaron received several commendations from the Army for his service. Aaron graduated from Central Connecticut State University and he holds a Bachelor's degree in Criminal Justice.

Anyone wishing to speak with Officer Grechko can call him at 860-872-9126 ext. 249.

# Vernon Historical Society Fall Program

## Rediscovering the Old Connecticut Path



The Old Connecticut Path is still visible in Ashford. Photo by: Jason Newton.

unsettled wilderness to build new lives in the Connecticut Valley at Windsor and Hartford. The Dorchester company led by Roger Ludlow and John Warham, and the Newtown congregation led by Reverend Thomas Hooker followed Indian trails and began America's westward migration along what came to be known as the Old Connecticut Path.

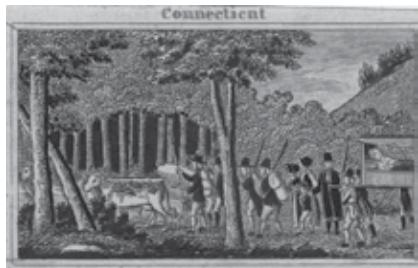
Jason Newton is a descendant of Reverend Thomas Hooker who led his congregation from Cambridge to Hartford in 1636. Mr. Newton is a retired psychologist and educator whose family history project led him to rediscover the Old Connecticut Path followed by his ancestors.

His presentation will connect the story of the Path and the people who followed it to Connecticut with our nation's heritage and

The Old Connecticut Path followed by the founders of Connecticut is an important but little known part of the history of our American story. The years 1635-1636 saw two groups of pioneers set out on a journey west from the Massachusetts Bay Colony through the

Vernon's history. Complementing Mr. Newton's presentation, Jane Seymour, a wildlife biologist for the Connecticut Department of Energy and Environmental Protection, Wildlife Division, will discuss the animals, plants and environmental conditions that the settlers encountered on their journey through Colonial Connecticut.

The program will begin at 2 p.m. on Sunday, September 20th at the Vernon Historical Society's building at 734 Hartford Turnpike, Vernon. The program is free and open to the public.



Nineteenth Century woodcut is in the public domain.

Donations are always gratefully accepted. For further information, please call the Vernon Historical Society at (860) 875-4326, send an email to [vernonhs@sbcglobal.net](mailto:vernonhs@sbcglobal.net) or visit our webpage at [VernonHistoricalSoc.org](http://VernonHistoricalSoc.org). Member Vernon Volunteers' Collaborative.

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## VERNON TOWN DEPARTMENT D I R E C T O R Y

Administration	860-870-3670
Assessor	860-870-3625
Animal Control	860-870-3558
Building Department	860-870-3633
Cemetery Office	860-875-3158
Collector of Revenue	860-870-3660
Data Processing	860-870-3646
Economic Development	860-870-3637
Emergency Services	860-871-3142
Employment Opportunities	860-870-3605
Engineering	860-870-3664
Finance	860-870-3690
Fire Department	860-871-7468
Fire Marshal	860-870-3652
Health Department	860-872-1501
Library	860-875-5892
Parks and Recreation	860-870-3520
Planning and Development	860-870-3640
Police Department	860-872-9126
Public Works	860-870-3500
Senior Center	860-870-3680
Sewer Treatment Plant	860-870-3545
Social Services	860-870-3661
Town Clerk	860-870-3662
Water Pollution Control	860-870-3699
Youth Services Bureau	860-870-3555
Zoning Administration	860-870-3636

## Superintendent Joseph Macary



Joseph Macary has served as the Superintendent of Schools for the Town of Wolcott, Connecticut since 2009. He has received excellent reviews on his instructional leadership, planning & management, vision of student learning, technology development, and communications with district stakeholders. The Wolcott Public Schools has

2600 students and 5 schools. Mr. Macary has been employed with the Wolcott Public Schools since 2005, serving as the Assistant Superintendent for Curriculum & Instruction and the Director of Student Services (Special Education) and Alternate Programs. Mr. Macary started his teaching career in the Waterbury Public Schools as a Social Studies Teacher at Wilby High School and then at Crosby High School. At Crosby, he became the Social Studies Department Chair and Athletic Director at the school, where he previously coached the Boys Soccer and Riflery teams. Joe entered the field of educational administration as the Supervisor of Social Studies and Family & Consumer Science & Related Careers for the Waterbury Public Schools dealing with career and technical education. Joe graduated from Crosby High School and the University of Connecticut with a Bachelor's Degree, majoring in Political Science and a concentration in Economics. He graduated from Quinnipiac College with a Master Degree in Teaching and then received his Sixth Year Degree from Southern Connecticut State University in Educational Leadership. He is currently a doctoral candidate at the University of Connecticut in Educational Leadership.

Joseph Macary serves as a mentor to aspiring superintendents in the University of Connecticut Executive Leadership Program. He is certified to teach advanced placement United States History and World History, as well as an adjunct faculty member at the University of Connecticut. Mr. Macary was selected as "Who's Who among American's High School Teacher" three times and he has presented numerous times at the state CABE/CAPSS Convention. He just completed a two year term as President of the Litchfield County Superintendents Association, spanning 25 school districts, and he is a member of the Connecticut Association of Public School Superintendents. Mr. Macary is a member of the American Association of School Administrators and the Association of Supervision and Curriculum Development. He is an active member of CASA – Citizens Against Substance Abuse in Wolcott and a member of the Wolcott Exchange Club. Mr. Macary is a member of the University of Connecticut NEAG Alumni Society Board of Governors. He is active in his local community, teaching religious education to young children. In 2014, Mr. Macary was named "Educator of the Year" by the Greater Waterbury Boys & Girls Clubs of America. He is a resident of Wolcott, Connecticut, where he lives with his wife and two sons.

# Vernon Parks & Recreation Department

New website & registration site! [www.VernonRec.org](http://www.VernonRec.org)

Be sure to visit the site, create a household account and register for a program right there!

## STAFF DIRECTORY

General..... 860-870-3520  
Director..... Bruce Dinnie  
Assistant Director..... Steve Krajewski  
Recreation Supervisor..... Rich Durkee

Recreation Supervisor..... Amy Locandro Watt  
Park Foreman..... Mark Dziedzinski  
Park Maintainer..... Mitch Reid  
Park Maintainer..... Mark Lucas

Park Maintainer..... Rob Arthur  
Park Maintainer..... Kevin Clements  
Park Maintainer..... Nick Wheelock  
Park Maintainer..... Nick Petrolito

## FREQUENTLY REQUESTED NUMBERS

Rockville Little League / Jason Hahn..... 860-982-6783  
Vernon Youth Baseball Org / Marc Collins ..... 860-256-7200  
Girls' Little League Softball / Rob Silver ..... 860-729-6961  
Vernon Youth Soccer / Jeff Parizeau ..... 860-948-0422  
Youth Hockey / Jim Larza..... 860-529-5295  
Boys Youth Lacrosse / Bruce Gezelman ..... 860-870-9461  
Girls Youth Lacrosse / Jim Peters ..... 860-966-7589

Over 55 Softball / Bob Lathrop..... 860-614-1421  
Vernon Orioles / Steve Krajewski..... 860-870-3520  
Junior Women's Club / Nancy Carter ..... 860-989-3170  
Vernon Animal Control ..... 860-870-3558  
Indian Valley Y.M.C.A. ..... 860-872-7329  
Vernon Youth Football [www.vernyouthfootball.com](http://www.vernyouthfootball.com)

## Registration & General Information

Consider Yourself Registered – if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. Assume classes will begin on the dates listed. If you would like a receipt, please enclose a SASE with your registration. All programs are open for registration unless otherwise noted in the program description. You may register on-line at [www.vernonrec.org](http://www.vernonrec.org)

## Insurance

All persons participating in Recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Participants in all Department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

## ADA

The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

## Classes

We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Vernon residents are given preference for all programs during the 1<sup>st</sup> week of registration.

## Payment

Registration is not considered valid until the program fee is paid. We accept cash, check, MasterCard or Visa.

## Refunds

Refunds are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. Please note that there is a \$5.00 charge for all refunds and transfers.

## Inclement Weather

In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 p.m. unless your program starts earlier. A decision will be made by 9:00 a.m. for weekend and morning programs. Please contact the Recreation Office at (860)870-3520. The Department will attempt to post any program cancellation information on 1080AM and WFSB Channel 3.

## Scholarship Programs

It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to Bruce Dinnie, Director of Parks and Recreation (860)870-3520.

## Program Photos

We invite everyone to browse our photo collection of recent activities and programs. Our staff photographer, Andre Garant, strives to cover as many of our events as possible. All photos are available for sale to parents at low prices. For further details, please visit our photo site at [www.flickr.com/photos/vernonpr](http://www.flickr.com/photos/vernonpr).

## Parks & Recreation

### PRESCHOOL & YOUTH PROGRAMS

#### Pee Wee Soccer

An instructional, coed program for children ages 3-6. This program focuses on the fundamentals of soccer using a variety of fun drills and activities.

September 9 to October 14

Ages 3&4 5:30-6:15pm

Ages 5&6 6:15-7:30pm

Henry Park Softball Field

Resident \$40 Non-resident \$45

#### Preschool Fitness

Get your little ones on their feet and ready to have some fun! This program is for children ages 3-5yrs old. Participants will play fun games with hoola hoops, parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills. Don't miss out on this fun Friday morning class.

Fridays 9:30-10:15 am

Vernon Teen Center Fitness Room

Session 1: September 25-November 13  
(8wk session)

Residents: \$50 Non-Residents \$55

Session 2: November 20-December 18  
(4wk session)

Residents \$25 Non-Residents \$30

#### Pee Wee Track

This program is open to children ages 3-5 years old. Learn the fundamentals of track and cross country running. Here is an opportunity to meet new friends, release that bundle of energy and have fun learning the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt.

Thursday September 24-October 15

5:30-6:15

Rockville High School Track

Residents \$35 Non-Residents \$40

#### Sports Nutz

This instructional program teaches the fundamentals of four different sports (basketball, baseball, soccer and track&field) to children ages 3-5 years old.

A variety of fun drills and activities are used to develop athletic skills and a love for the game. The program focuses on the most basic fundamentals of the sports.

Saturdays September 26-October 17

10-11am

Center 375 Gymnasium

Residents \$35 Non-Residents \$40

#### Musical Production Auditions

Lambs Playhouse in partnership with Vernon Parks and Recreation will be holding Auditon's in November for a March 2016 Musical Production for ages 8-14 at Performing Arts Programs Studio, Dates TBD to be performed at the East Hartford Community Cultural Center!

For more info visit Lambtheatricals.org and keep a look out for a flyer through the schools in October 2015!

#### Pee Wee Basketball

An instructional, coed program, that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to develop basketball skills. Class size is limited! Participants will receive a T-shirt. This is an eight week program.

December 12 to February 13

(no class 12/26 & 1/2)

Grades K&1

9:00 am-9:55 am, 10:00 am-10:55 am

Center 375 Gym

Resident \$40 Non-resident \$45

#### Beginners League

Full court basketball games are introduced in this instructional format. Volunteer coaches and staff will provide a combo of instructional drills and controlled scrimmages. Participants will receive a T-shirt. This is an eight week program with a rotating schedule.

December 12 to February 13

(no class 12/26 & 1/2)

Coed, Grade 2

11:15am-12:15pm

Center 375 Gym

Resident \$40 Non-resident \$45

#### Grade 3 & 4 Basketball

Full court basketball games are introduced in this instructional format. Practices will take place for an hour one day a

week. Instructional games will take place Saturdays. Participants will receive a T-shirt. This is an eight week program. December 12 to February 13

(no class 12/26 & 1/2)

Coed, Grades 3&4

Resident \$50 Non-resident \$55

#### Boys & Girls Recreation League Play

Develop your basketball skills while you become a team player in this league program. Participants will be placed on a team and will be coached by volunteers. They will practice one hour a week and games will be played on Saturdays and a few Sundays at various times. There are no requests for team placement or practice nights. Participants will receive a T-shirt. Evaluations are required for all participants. Any players interested in playing high school basketball should register and if selected to High School team you can be refunded.

Practice begins in December. Games begin early January to mid-March. Some games will be played with other towns.

Boys, Grades 5&6, Girls, Grades 5&6,

Boys, Grades 7&8, Girls, Grades 7&8,

Boys, Grades 9-12

Resident \$50

**REGISTRATION DEADLINE FRIDAY DECEMBER 4, 2015**

#### Berkshire East Ski Program

This is a four-week ski program held at Berkshire East Ski Resort located in Charlemont, Mass. This program is for skiers of all abilities (beginner to advanced). Lessons are available for an additional fee at all levels. The program is open to skiers as well as snowboarders. Rentals are available for an additional fee. Lessons, lift ticket, and bus transportation to and from Berkshire East are all included in the cost of the program. Bus departs at 3:30 p.m. and returns at 10:45 p.m. on Fridays. Space is limited and is on a first come, first served basis. NOTE: Adults are also eligible to register for this program at a later date.

Fridays, Jan. 8, 15, 22, 29

Bus departs from Vernon Teen Center

Bus departure and return times are listed above.

**continued on page 10...**

## Parks & Recreation

continued from page 9...

**WHO:** Vernon Residents in grades 7-12, Adults aged 18 and older

**FEE:** TBD (Contact Recreation Dept. in October)

Registration for Vernon Students:

Monday, November 2, 2015

Registration for Adults & Non Residents:

Monday, November 16, 2015

### Dance Program

Dance classes will be held continuously in 4 week sessions, beginning the week of August 31. Each week progresses for a performance in December and June. All classes are held at Center 375. Instructor Jessica from Beyond Dance will be teaching a variety of different classes. For more detailed class descriptions please visit the Parks & Recreation Dept website at [www.vernon-ct.gov](http://www.vernon-ct.gov)

#### Monday Classes:

Preschool Combo

(ages 3-4) 4:45-5:30 pm

Ballet/Jazz (ages 5-7)

5:30-6:15 pm

Pom Dance/Jazz (ages 8-12)

6:15-7 pm

#### Tuesday Classes:

Pom Dance/Jazz (ages 13+)

4:30-5:15pm

Tap (ages 8+)

5:15-6 pm

Hip Hop Teen (ages 13+)

7:30-8:15 pm

Lyrical/Ballet Teen (ages 13+)

8:15-9:15 pm

#### Wednesday Classes:

Tap/Hip Hop (ages 5-7)

4:30-5:15 pm

Lyrical/Ballet (ages 8-12)

5:15-6 pm

Hip Hop (ages 8-12)

6-6:45 pm

#### Thursday Classes:

Preschool Combo (ages 2-4)

9:45-10:30 am

Preschool Combo (ages 3-4)

1-1:45 pm

#### Saturday Classes:

Preschool Combo

(ages 3-4) 9:30-10:15 am

Tap/Jazz (ages 5-7)

10:15-11 am

Open Tumbling

11am-12 pm

Open Hip Hop

12-12:45 pm

Dance Class Fee Structure:

\$35 for 1 class, \$30 for each additional class

**Performance Dance:** For those interested in committing to being a Performance Dancer, please contact Jessica at [beyonddancect@hotmail.com](mailto:beyonddancect@hotmail.com)

### ADULT CLASSES

#### Body Toning & Sculpting

This is a low impact aerobics program for those ages 17 and older and will be sure to give you a good workout. Participants will move and tone their bodies to various music while at the same time meet new friends. This program runs in 4 week increments.

Tuesdays

Session 1: Sept 22-Oct 13

Session 2: Oct 20-Nov 10

7-8 pm

Vernon Teen Center Fitness Room

Residents \$30 Non-Residents \$35

#### Zumba®

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. The exercises include music with fast and slow rhythms, as well as resistance training.

Mondays: 7-8 pm, Center 375 Gym

Thursdays: 10:30-11:30 am

Vernon Teen Center Dance Room

Drop In rate: \$6.00/class

#### Cize

The hottest new workout is here and it is for everyone! It's so much fun, you won't even realize you are exercising! In each routine you will learn moves step-by-step and builds them into a full dance routine. Your cardio will skyrocket if you actually really work it out and push yourself. With dancing you can move at the pace you are comfortable with. So if you go for it, you'll lose weight and get toned. While you are

mastering the dance moves, you'll also be burning fat and calories.

Wednesdays: 6:45-7:45 pm

Vernon Teen Center Dance Room

Drop In rate: \$6.00/class

#### Zumba® Toning

Cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. Full body workout, strengthens core, burns and tones.

Wednesdays: 7:15-8:15 pm

Center 375 Gym

Drop in rate: \$6.00/class

#### Blast

Blast is a fat shredding, muscle toning, personalized group exercise class in which people of every fitness level alternate between cardio and strength training.

9-10am, Center 375 Fitness Room

Per Session rate: Drop in rate: \$6/class

#### Coed Volleyball

Spend some time with friends, make new ones, or just enjoy playing volleyball.

Matches will be officiated by league supervisors. Individuals ages 18 and over that are interested in participating in the coed league as a team or joining a team should contact the Parks and Recreation Department at (860)870-3520. This league meets on Tuesday & Wednesday evenings. Teams need to register by Sept. 25.

Tuesday & Wednesday Games starting Oct. 13/14 (the first week will be practice)

Vernon Center Middle School Fee: \$400 per team

#### Women's Volleyball

The women's volleyball league is a great opportunity to team up with friends once a week with the common goal of fun. Matches are officiated! Individuals ages 18 and over that are interested in participating in the league as a team or joining a team should contact the Parks and Recreation Department at (860) 870-3520. This league meets on Tuesday evenings.

Teams need to register by Sept. 25.

Tuesdays Games starting Oct. 13 (the first week will be practice)

Vernon Center Middle School Fee: \$400 per team

## Fall Softball League

Registration for the adult softball league has started. Any team interested must have their entrance fee and roster to the P&R office NOW. Teams that played last year in the fall league have first choice, then teams that participated in the 2015 spring/summer league has next choice then any new teams will have the next choice.

**Season scheduled to start the week of August 31st.**

Entrance fee is \$570.

Any questions please contact the office at 860-870-3520 or email steve krajewski at skrajewski@vernon-ct.Gov .

## Over The Hill Hoops

Have fun and get in shape at this drop-in basketball program for Vernon residents ages 35 and over. Half-court games are organized each week on Fridays starting October 30th from 7:30-9 p.m. The schedule will be available at the gym. Each participant will need to complete a registration form with email address in case of cancellations.

Fee: \$3 per week or \$40 flat rate

Site: Vernon Center Middle School  
To participate, register at the gym on Fridays with identification.

## Travel Basketball

Advanced basketball competition for Boys and Girls in Grades 5-8. Tryouts will be in late September/early October. Upon making the team, the fee will be due. Flyers will be sent out through the schools with dates, times and site. All interested players must be registered before tryouts.

The season consists of approximately 20 games, starting in December through March. There will be one/two practices per week. The fee will be \$180 per player.

### All Tryouts At Center 375

#### 5th & 6th GRADE GIRLS

Saturday October 3, 4:00 to 5:15  
Sunday October 4, 4:00 to 5:15

#### 7th & 8th GRADE GIRLS

Saturday October 3, 5:30 to 6:45  
Sunday October 4, 5:30 to 6:45

#### 5th GRADE BOYS

Saturday September 26, 2:00 to 3:15  
Sunday September 27, 2:45 to 4:00

#### 6th GRADE BOYS

Saturday September 26, 3:30 to 4:45  
Sunday September 27, 4:15 to 5:15

#### 7th GRADE BOYS

Saturday September 26, 5:00 to 6:15  
Sunday September 27, 5:30 to 6:30

#### 8th GRADE BOYS

Saturday September 26, 6:30 to 8:00  
Sunday September 27, 6:45 to 8:00

## Coaches Needed

Volunteer coaches are always needed for the basketball program operated by the Vernon Parks and Recreation. If you are interested in coaching please contact the Recreation Department at (860)870-3520 so that we can send out information, requirements and an application for coaching with our department. This is a great opportunity for you to give back to the community.

## Disc Golf Tournament

### Ecker Hill Open

Online registration opened August 1, 2015 at 8:00pm ET

This is the site for registering

[http://www.discgolfscene.com/tournaments/Ecker\\_Hill\\_Open\\_2015](http://www.discgolfscene.com/tournaments/Ecker_Hill_Open_2015)

Location: Ecker Hill DGC, Vernon, CT

Schedule: Saturday, October 10, 2015

7:30am- 8:30am Registration / Check-in

8:30am- 8:45am Players meeting

9:00am- Tee off

### Player Divisions & Entry Fees

\*\* \$10 additional fee for players without current PDGA memberships.

\$50.00 Open

\$50.00 Open Women

\$50.00 Master

\$50.00 Grandmaster

\$50.00 Senior Grandmaster

\$50.00 Master Women

\$50.00 Grandmaster Women

\$50.00 Senior Grandmaster Women

\$30.00 Advanced

\$30.00 Advanced Women

\$30.00 Advanced Master

\$30.00 Advanced Master Women

\$30.00 Advanced Grandmaster Women

\$30.00 Advanced Grandmaster

\$30.00 Intermediate

\$30.00 Intermediate Women

\$20.00 Recreational

\$20.00 Recreational Women

## Disc Rental

Discs are available to rent from our office located at 120 South Street in Henry Park. There is no fee to rent discs however a valid driver's license or state issued ID is required.

## BUS TRIPS

### New York City Bus Trip

Enjoy a fun day on your own in New York City. The Vernon Parks and Recreation Department is sponsoring this day trip to New York City on Saturday, December 12. This is a perfect time of year to view the famous tree in Rockefeller Center, see the amazing windows decorated in the stores, shop for holiday gifts, and get tickets to a show. New York City is filled with excitement! The bus will leave from the Vernon Teen Center at 8:30 a.m. to arrive in New York City at approximately 10:45 a.m. The bus will depart from New York City at 6:30 p.m. to arrive back in Vernon at approximately 9:00 p.m. Enjoy this wonderful opportunity to see New York City at one of the most beautiful times of the year!

Saturday, December 12

Residents \$40

Non-Residents \$45

## SPECIAL EVENTS

### Halloween Boo Bash

Come and enjoy an afternoon of fun and safe Halloween activities with a walk down trick-or-treat aisle, play games, lots of candy and giveaways. A special thank you



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## Parks & Recreation

**continued from page 11...**

to Price Chopper for their support and donations.

Children ages 3-10

Saturday, Oct. 24th, 3:00-4:15 p.m.

Vernon Teen Center (begins at the lower level side entrance)

No fee, however, we ask all that come to bring a can good for the Tri-Town Food Shelter

### Vernon Winterfest!!!

The Parks & Recreation Department will once again help organize the Vernon Winterfest that will begin Friday, December 4th. There will be numerous activities and events going on throughout the month run by numerous organizations. Full schedules will be available.



### Vernon Fire Truck Parade, Carol Sing & Tree Lighting

On Friday, December 4 the Vernon Winterfest will begin with an exciting Fire truck parade, Tree lighting and Carol Sing. The Vernon Fire Departments along with neighboring towns will be decorating their trucks with lights and festive decorations to create an exciting parade leading to the Vernon Town Green at Central Park in Downtown Rockville. Once at Central Park there will be a Carol Sing and a Tree Lighting. Refreshments will be available.

Friday, December 4

Parade Start Time: 6:00 pm

Carol Sing Start Time: TBA

### Children's Holiday Festival

Enjoy a morning of shopping and errand running while your child enjoys a fun filled morning of holiday craft and gift making, cookie decorating, games, and more. (Children under 4 must be accompanied by a parent or babysitter over

the age of 16)

Children ages 10 and under

Saturday, Dec. 5, 9:00 am to 12:00 pm

Vernon Teen Center

Fee: In lieu of a fee please bring an unwrapped toy for the Toy for Tikes program.

\*\*Participants must be registered in advance. Space is limited.\*\*

### Arctic Splash

Take a plunge in the icy waters of Valley Falls Park

Sponsored by: The Vernon Parks and Recreation Department

The Vernon Parks and Recreation Department will be holding an Arctic Splash Fundraiser to benefit the Send-A-Kid to Camp program and the Save A Life Program on December 5th at 1:00 p.m. at Valley Falls Park. T-shirts provided to those who pre-register and raise \$10 or more. Awards will be handed out for the following categories:

\*Most money raised by donations

\*Best costume

Bon Fire (weather permitting) and Refreshments

December 5th, 1:00 pm

Valley Falls Park, Valley Falls Rd.

Donations Raised (\$10.00 minimum required)

### Vernon Teen Center

The Vernon Teen Center is open to Vernon Teens on Friday evenings from September to May. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, xbox tournaments, dances, karaoke, and much, much more. Monthly calendars of events will be available at Vernon Center Middle School, the Parks and Recreation Office, and at the Teen Center. Teens must register for a membership on their first visit.

WHO: Vernon Residents or Vernon Center Middle School teens in grades 6-8. Teen Center will be open for seventh and eighth-graders only, except on the first and last Friday of each month. The first and last Friday of each month will be sixth grade night.

Guests are permitted on a limited basis.

Sept. 18, 7-9:45 p.m.

Opening Night For 7th & 8th Grade

Sept. 25, 7-9:45 p.m.

Opening Night For 6th Grade

FEE: \$10 membership fee per year / nightly activities vary in price

**Registration Information:** A registration form must be completed upon the first visit to the Teen Center. The registration form must have a parent or guardians signature before any activities can be attended. Rules, policies and regulations must be adhered to or membership may be revoked. Registration forms will be distributed through the Middle School, on the above dates at the Teen Center, and at the Parks and Recreation office.

### \*New\* Vernon Morning Club

For ALL elementary school students

Program held at Center 375

Based on the high number of requests we have received from Vernon families, we are happy to offer a before school program for the 2015-16 school year.

Morning care is available for children in grades K-5 who attend Center Road School, Lake Street School, Maple Street School, Northeast School, Skinner Road School

The program will be held at the Center 375, beginning at 6:30 a.m. Children will then be bused to their respective schools for the start of the school day. This program offers a supervised environment for your child to socialize and play before school. Our goal is to start your child's day in a positive way so they head off to school ready to focus and learn! Please note that for the safety of your family and our staff members, this program will NOT run if there is a delayed opening for the Vernon School System.

Children will play quiet recreation activities such as board games, puzzles, reading, and group games allowing your child to have some relaxed, low-key fun before the start of the school day. If the weather is particularly nice, we may head outside for some fresh air as well. Arts & craft projects will be done for children to explore their creativity, both through structured projects and free creative

time. Participants are welcome to bring a prepared breakfast to eat.

**FEE:** The fee for the 2015-16 school year is \$10 per morning. The first month's payment is due in full at the time of registration. Further payments are due on the 15th of each month and may be made online, by mail, at the site or the Parks & Recreation office. Late payments will incur a fee of \$8.00 per month.

## 2015-2016 After School Program

The Vernon Parks & Recreation Department is pleased to offer programs to meet the needs of Vernon families. Our goal is to make our high-quality programs convenient and affordable while providing your child with a safe, well-rounded experience with opportunities to play, socialize, learn, and create. We offer a 1:10 staff to child ratio, and all sites have staff members that are certified in CPR& First Aid. We work closely with families to ensure our programs are meeting your expectations, and encourage family and community involvement.

### REK

#### Recreation & Education For Kids



The after school program that meets all expectations!

Programs held at Center Road, Northeast and Skinner Road Schools, starting the first day of school through the last day of school. \*Maple Street children are bused to Skinner Road. Monday through Friday, beginning at the end of the school day until 6:00 p.m. (half days included).

The Vernon Parks and Recreation Department is committed to providing a

high-quality, educational experience for your child, with great activities and great staff. This program has been carefully designed to offer parents an opportunity to have their child in a safe, well-rounded, fun filled environment.

The R.E.K. program's goal is to meet each child's intellectual and physical needs through a variety of creative indoor and outdoor experiences. Everyday activities include:

**Homework** – time is set aside each day to complete their homework

**Fitness** – designated time for introducing new and fun ways to achieve physical fitness

**Sports** – various sports are played

**Snack** – a nutritious snack is provided

**Arts & Crafts** – other fun activities are planned

The Parks and Recreation Department strives to make this program convenient and affordable for everyone. Parents must choose and commit to which days of the week their child will attend.

Pricing for 2015-16

\$13.50 per day

\$19.50 per half day (early dismissal)

To register: Registration forms can be obtained on-line or at the Parks and Recreation Department office. You may register by mail or in person, with payment in full, for the first month of the program.

All payments are due in full, one month prior to attendance. We accept Visa, MasterCard, cash, money orders or checks payable to 'Town of Vernon'. Registration is due no later than the 4:30 on the Thursday prior to the week you want your child to start on.

For more information, please contact  
Vernon Parks and Recreation  
120 South Street, Vernon CT 06066  
860-870-3520

\*\* Our Department is accepting applications for part time positions for the After-School program.. Please apply at [www.vernonrec.org](http://www.vernonrec.org)

#### Lake Street After-School Club

The Vernon Parks & Recreation Department is excited to offer a convenient, affordable after-school program for Lake Street School students

during the 2015-16 school year. This program offers a safe, fun place for your child to do homework, play, and relax after school. It is held at Center 375, where we have access to large activity rooms and athletic fields for a variety of fun activities!

#### Daily Activities

- Quiet activity time for homework & reading
- Games, sports, free play, and outdoor time
- Arts & crafts, board games, puzzles, and other fun activities

A healthy snack is provided daily

**Schedule:** The program runs every day that school is held, including scheduled half days and early dismissal days due to inclement weather

**Location:** Teen Center (Center 375) at 375 Hartford Turnpike

Children will be bused to Center 375 at the end of the school day, where they will be met by our staff members

**Time:** End of school day until 6:00 pm

**Fees & Payments:** \$10.50 per day / \$16.50 per half day

The first full month's payment is due at the time of registration. All other payments are due in full by the 15th of each month prior to attendance.

#### Vacation Camps

No school? No worries! We also offer day camps during school vacations and professional development days. This program is held at the Teen Center at Center 375 (375 Hartford Turnpike) and offers a variety of activities throughout the day to help your child fit a lot of fun into their days off. The fee for vacation camp is \$35 per day for Vernon residents and \$40 per day for non-residents. Payment is due in full at the time of registration.

Registration forms can be found at the Parks & Recreation office, and are also sent out through your child's school prior to vacations. You may also register online (please note if you register online you will also be asked to complete a registration form with emergency contacts and pertinent medical information when you drop your child off at camp).

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## Parks & Recreation

continued from page 13...

### Facility Rentals

Reunions, Birthday Parties, Weddings, Showers, Gatherings, Meetings

#### PARKS & REC HAS THE PLACE TO HAVE IT!

**Newhoca Lodge Rental:** Newhoca lodge is set on a gorgeous camp ground on Middle Bolton Lake. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more.

Rental includes: 65 folding chairs,

9 round tables, 5 – 8' rectangle tables

Kitchen Amenities: oven, microwave, refrigerator/freezer, sink

Residents \$50/hr Non-Residents \$60/hr

### Picnic/Pavillion Rental

The Town's picnic groves are available for rent. Reserve yours today. Picnic groves are located at the following locations:

**Valley Falls Park:** Located on Valley Falls Road, Valley Falls Park contains picnic areas out in the field and one pavilion. Fees vary by picnic areas and length of rental time.

**Henry Park:** Located at 120 South Street, Henry Park has two picnic grove areas and three picnic sites. There is a \$20 charge for residents and \$25 charge for non residents for the use of these groves. Additional fees may apply for parties of 35 guest or more.

#### NEW PAVILION:

##### **Henry Park Russell G. Hartmann Pavilion:**

Located at Henry Park, 120 South Street. The pavilion is 40 feet by 60 feet. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the pavilion is \$35 per hour for a resident and \$40 per hour for non-residents. For more details, call 860-870-3520.

**Newhoca Park:** Located on Grier Road, Newhoca Park has a large pavilion (40'x60') that is great for all occasions. There is a \$35 per hour charge for residents and \$40 per hour charge for non-residents. Located on Grier Road, Newhoca Park has a small hexagon pavilion measuring 20 feet that is great for all occasions. There is a \$35 per hour charge for residents and \$40 per hour charge for non-residents.

### Other Picnic Areas

Fox Hill Tower-Free  
Church St. Rails to Trails-Free  
Dart Hill Park-Free  
Walker's Reservoir-Free  
Saxony Mill Park-Free  
Dart Hill North- Free  
Phoenix Street Dam-Free

### Teen Center Rental

The Teen Center is the perfect place to have a meeting, birthday party, shower or family gathering. Rooms available to reserve are:

#### Big Community Room:

Holds up to 75 people

Booth style seating

Four 6' tables available upon request

60 folding chairs available upon request

Pool table, foosball table & air hockey table

Food allowed

Fee: Residents \$35 Non-Residents \$40

#### Gymnasium:

Holds up to 300 people

(Holds up to 175 with tables)

2 Basketball hoops

No food allowed

Fee: Residents \$50 Non-Residents \$55

Fees are PER HOUR. After 2 hours, additional time may be added in half hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up.

### SPONSORSHIPS

#### Basketball

In order to keep our programs affordable the Vernon Parks and Recreation department is actively recruiting businesses to sponsor youth basketball teams. Currently, there are six recreational leagues with approximately 25 teams. The cost of sponsoring a recreational basketball team is \$150.00, which includes your business's name on the back of each team shirt, publicity on our Parks and Recreation Department's website throughout the season, and exposure to approximately 400 different children and adults. Please contact Steve Krajewski or Rich Durkee at (860)870-3520.

### Sponsorship Opportunities

Any business interested in having a 4x8 sign displayed, year round at the Henry Park softball field are asked to contact the P&R office regarding details. Henry

Park has over 200,000 participants that use the Park. There are numerous special events that take place in the Park. There isn't a more visible place in Vernon, take advantage of this opportunity.

### Disc Golf Sign Sponsors

The opportunity to sponsor a sign on the brand new Vernon Ecker Disc Golf Course, located on the Ecker Hill property is available. To sponsor a tee sign which is 6x18 would cost \$200 for two years. Your business will be on the tee sign along with a visual design of the hole and the number of the hole. There are only a few tee signs left so if you're interested please contact Steve Krajewski at the P&R office at (860)870-3520

### Rockville Fest

This event is held in September every year! This year September 26th from 10:00 am to 3:00 pm in Central Park, Rockville will be a day-long festival featuring great food, games, arts/crafts as well as lots of entertainment, and as always the feature event TRI-TOWN CRUZERS CAR SHOW. Don't miss it!



"Preserving Family Farm History"

*Sign up to participate  
in the 4th Annual October  
Scarecrow Contest*



Winners announced at the  
Harvest Festival October 17<sup>th</sup>

Mark your calendar!  
Fun for the whole family

Also, check out our farm stand  
& see what we have weekly

For more information & events go to:  
[www.strongfamilyfarm.org](http://www.strongfamilyfarm.org)  
[info@strongfarm.org](mailto:info@strongfarm.org)

**Come by & see us!**

Open Wed. from 1-6  
and for special programs

274 West Street, Vernon, CT 06066

# Leaf Collection Program - 2015

The Town of Vernon leaf program will begin Monday, November 2, 2015. Leaves should be raked to the curb by this date to ensure collection. Do not be alarmed if you see DPW crews out the week before this date. They are testing the vacuum equipment and training our temporary leaf laborers.

All streets in the Town of Vernon have been divided into 3 groups. Group A Streets will be collected first and completed before leaf crews move on to Group B Streets and so on. This program is dependent on weather. Under good conditions, we expect to complete a group of streets in 1-2 weeks. Rain, snow or freezing temperatures will delay the program.

All streets are guaranteed at least one pass. If time permits, there will be a second pass. Residents are at their own risk whether to wait for a second pass or to bag their leaves for pickup on either of the first two Fridays in December.

Residents may either transport their leaves to a designated leaf bin or bag them for pickup by DPW crews. Leaves may be bagged using either the biodegradable paper bags OR plastic lawn & leaf bags.

Bagged leaves will be collected the first two Fridays in December. Bag pickup is not automatic - please call the Public Works Office at 860-870-3500 to schedule.

Leaf bins will open mid-October for the convenience of residents. Contamination caused by disposal of brush, bags, grass clippings or any other debris will result in these leaf bins being shut down.

- **NYE STREET** - At the firehouse off West Street. Bin will be marked.

- **CHURCH STREET** - In the bike trail parking area. Bin will be marked.

- **LEGION FIELD** - Off Regan Road at rear of parking lot. Bin will be marked.

Please be aware of some delays that are beyond our control - leaf fall timeframe, weather conditions, holidays. "Mother Nature" plays a big role in our leaf program!

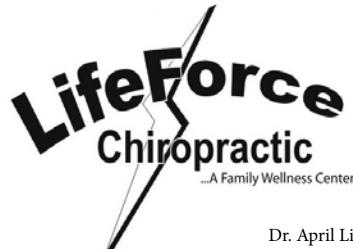
Detailed information including street group lists is available on the Town of Vernon Website [www.vernon-ct.gov](http://www.vernon-ct.gov).

## School Days, School Days

We're back at Ballek's Garden Center on Maple Avenue and we couldn't be happier. Look for us in the field across from the cows! (They're excited, too!) The market will be held every Wednesday evening from 4:00 -7:00 p.m., weather permitting. Our season kicked off on June 3rd and will "keep on going while good things are growing" ending September 30th.

We have an abundance of fresh and prepared foods, artisan crafts & specialty products - lots of familiar favorites and some wonderful new additions as well. We accept WIC, SNAP and locally-based coupon programs. We also host local non-profit and civic organizations. We have many activities, special events, educational displays, demonstrations, talks, and tours taking place throughout the season, and we have live music every week. All free and family-friendly for everyone to enjoy! On August 19th and September 23rd, Kat McKinnon will be leading "Wild Edible and Medicinal Plant" walks. Kat is the founder of "Meet The Green", a local school for herbal medicine and botanical studies, and will be teaching us about the wild bounty that surrounds us. Learn to identify common wild edible and medicinal weeds and how to safely gather them, as well as basic herbal medicine concepts. We hope to become your Wednesday night destination throughout the market season. Shopping doesn't have to be a chore! Follow our Facebook page (<https://www.facebook.com/EastHaddamFarmersMarket>) to get reminders and up-to-the-minute information. While you're there, browse the pictures to see how much fun we have. Maybe you'll see someone you know! Don't forget to "like" us and "share" us with your friends.

### A FAMILY WELLNESS CENTER



Dr. April Little

### Specialized Chiropractic Care

- Family Care
- On-site X-Ray
- We accept Most Insurance
- Flexible Appointments
- Wellness / Healing / Prevention
- Back and Disc Problems



**We can check and keep your child's spine healthy this school year!**

**[www.LifeForceCT.com](http://www.LifeForceCT.com)**

**860-649-7705**

27 Hartford Turnpike (next to Connecticut Golf Land)  
Vernon, CT

# Preparing for a Hurricane

Hurricane readiness should begin long before the event occurs. If you live in a hurricane-prone area, you can prepare far in advance for the possible dangers to health and safety resulting from a hurricane by learning about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

- Identify potential home hazards that could develop during a hurricane, such as those involving gas, electricity, chemicals, and structural damage
- Install a smoke detector
- Buy a fire extinguisher and make sure your family knows where to find it and how to use it
- Conduct an evacuation drill for at least two ways out of your home
- Provide escape ladders for multi-story structures
- Establish an assembly point where the family meets in the event of fire or if a disaster occurs when the family is not together at home
- Give your relatives and friends the name of a contact person who will know where you are and how you are doing
- Know the location of your important papers, such as insurance policies, wills, licenses, stocks, etc.
- Instruct family members about how to shut off the gas, water, and electric mains
- Post emergency phone numbers at every phone; inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability

- Properly dispose of all chemicals, pesticides, and solvents not being used
- *You should stock your home with supplies that may be needed during the emergency period. These supplies should include:*
  - Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person)
  - A 3-5 day supply of non-perishable food
  - A first aid kit and manual
  - A battery-powered radio, flashlights, and extra batteries
  - Sleeping bags or extra blankets
  - A large supply of non-breakable spoons, forks, knives, cups, plates, etc.
  - Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach
  - Prescription medicines and special medical needs
  - Baby food and/or prepared formula, diapers, and other baby supplies
  - Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available
  - A portable toilet, and toilet paper; personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
  - Alternate heat and cooking sources, such as a kerosene heater and a camp stove - use these only in well-ventilated areas
  - Shovels and hand tools
  - Candles and matches
  - A mop, bucket, and towels
  - One or more rolls of plastic sheeting, a staple gun with staples, and duct tape
  - Plastic trash bags and ties
  - An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.
  - A citizens band radio or a cellular phone, if possible
  - Extra cash
  - Pet food
  - Insect repellent
  - Rubber boots/rubber gloves

## During the Storm

To get through the storm in the safest possible manner:

- Monitor the radio or television for weather conditions, if possible
- Stay indoors until the authorities declare the storm is over
- Do not go outside, even if the weather appears to have calmed -- the calm "eye" of the storm can pass quickly, leaving you outside when strong winds resume
- Expect the loss of electricity, gas, and water
- Stay away from all windows and exterior doors, seeking shelter in a bathroom or basement. Bathtubs can provide some shelter if you cover yourself with plywood or other materials
- Prepare to evacuate to a shelter or to a neighbor's home if your home is damaged, or if you are instructed to do so by emergency personnel
- If you should lose electrical power, eat perishable food first

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# Town Clerk's Office

Bernice K. Dixon; MCTC, CMC, Town Clerk

## Municipal Election

*Election (n) – the right, power, or privilege of making a choice*

The municipal election will be held on November 3, 2015. If you plan to be away on that day, you may apply for an absentee ballot beginning in August at the Town Clerk's office or by downloading the application from the Secretary of the State website at [www.sots.gov/sots](http://www.sots.gov/sots). Click on Elections & Voting. Then you must send the completed application to the Town Clerk's Office. The Town Clerk's Office will begin mailing the ballots October 2, 2015.

The Town Clerk's office has a significant role in all elections, primaries and referenda held in the Town. We take our responsibilities very seriously; but, more

importantly, we feel very privileged to be a part of this important process within our great democratic system.

While the registrars of voters are in charge of administering all elections and primaries, the Town Clerk's role is integrated with the registrars to assure any observer that an impartial, equitable, just outcome is guaranteed to all candidates running for any office in the country, state, city or town.

Election preparation in this office begins many months before the scheduled day. Nominations for the local elections are filed in the Town Clerk's office. The Secretary of the State notifies us of all other candidates. Legal notices are

prepared and published and this office participates in voter registration too. Absentee ballots are drafted, ordered, distributed, received and managed by the Town Clerk's Office. Most ballots must be available 31 days before the election. The Town Clerk's office works closely with the registrars of voters delivering absentee ballots for counting and preparing many reports for the Secretary of the State as well as auditing election results to ensure accuracy in reporting the results.

After the election, the results are copied as a permanent record. These last functions complete the election cycle – until the next time!

## Vernon Education Foundation

The Vernon Education Foundation is a 501C (3) tax-exempt non-profit organization founded in 2003 whose mission is to enhance the quality of education in Vernon by providing financial support to initiate and maintain educational projects for Vernon's residents.



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or email us: [vbmomsclub@gmail.com](mailto:vbmomsclub@gmail.com)  
or find us on Facebook.

Their projects include the "Book-Of-My-Own" program where every first grader in the Vernon Public Schools receives a book of their own at the end of the school year. The foundation has provided \$2,000 in funding for books to stock the summer Book Mobile by applying for grants through the Dollar General Literacy Grant program.

Other projects include mini-grants to teachers for innovative programs, providing transportation for summer school educational field trips, funding for Maple Street School students to publish their own books and the publishing of a book of photographs of burial markers in two of Vernon's oldest cemeteries. This was an Eagle Scout project with students from Boy Scout Troop #86. The foundation also gave away book bags at a recent National Night Out.



Ms. Roo's 3rd grade class at Maple Street School sharing stories from their published book.



If you would like to support the foundation's programs please send any donations to Vernon Education Foundation, 30 Park Street, Vernon, CT 06060.

Please visit our Facebook page VernonEdFound and see some of the projects we have been working on. If you have any questions or comments please feel free to email us at [Vernonedfound@gmail.com](mailto:Vernonedfound@gmail.com). Member Vernon Volunteers' Collaborative.





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## Vernon Senior Center

### Join Us At The Senior Center for a Fun Filled Day!

There are a variety of programs & activities for everyone's taste. Come, make new friends & enjoy yourself whatever your interest may be. Check the Town's Website for our current newsletter and calendar.

#### Health & Fitness Programs

Blood Pressure/Blood Sugar Screening – On the second Wednesday of the month, we have the Visiting Nurses at the Center do Blood Pressure/Blood Sugar screening from 9:00am-10:00am. No appointment is necessary.

**Foot Care** – Specially trained Registered Nurses will provide a general assessment and offer any necessary procedure for better foot health. Appointments are necessary. Cost \$29.

**Hearing Screening** – A representative from Hearing Wellness Center is here quarterly to provide a free hearing screening, check of hearing aids and is available to answer any questions. The next screening is Thursday, September 17th. Appointments are necessary.

**Zumba Gold** – Join instructor Kathy Ferreira and dance your way back into shape. Zumba Gold builds cardiovascular health, is designed to be approachable by all populations regardless of fitness level. Classes are on Wednesdays at 1:00pm. First class is free. Then it is \$5 per class or \$40 for a ten class punch card.

**Senior Fitness Class** – The class is taught by Karen and is offered on Mondays at 9:30am. The class runs in a ten week cycle so contact the Center to find out when the next sequence begins.

#### Cards & Games

Bingo – Mondays at 1:00 pm  
Bridge – Fridays at 1:00 pm  
Canasta – Wednesdays at 1:00 pm  
Chess – Tuesdays at 9:30 am  
Cribbage – Wednesdays at 9:45 am  
Dominos – Tuesdays at 1:00 pm & Thursdays at 10:00 am  
Mah Jongg – Mondays at 9:30am & Thursdays at 1:00 pm

New To Dominos – Tuesdays at 10:00am  
Pinochle – Tues. & Thurs. at 12:45pm  
Scrabble – Tuesdays at 1:00pm  
Wii Bowling – Fridays at 12:30pm

#### Upcoming Trips

Vine To Wine in Vermont on Wednesday, October 14th. We will start our day visiting the Grafton Cheese Company in Brattleboro and experience the art of cheese making. Then we are off to the Matterhorn Inn located at the base of Mt. Snow for a talk on the different wines in Vermont and be able to sample a few. After the tasting, it is a short walk to the dining room where we will enjoy a traditional buffet lunch which includes some homemade Polish dishes. After lunch we are off to Honora Winery and Vineyards for a tour of the winery and wine tasting. You will receive an etched souvenir wine glass. Cost \$104pp.

9/11 Memorial & the Museum on Wednesday, November 4th. We will visit the National September 11 Memorial that honors the men, women & children who were killed in the terrorist attacks on September 11, 2001. The memorial is located at the World Trade Center site. We will also be visiting the museum which recently opened. We will take a comfort stop en route to NYC and a food stop (on your own) on the way home. Cost \$62pp.

#### Seniorhood Fair

The Vernon Multi-Disciplinary Team, a collaboration of local non-profits & municipal departments, is holding its 2nd "Seniorhood" Fair on Saturday, October 24th from 10:00am-2:00pm at Vernon Center Middle School. There will be exhibitors, presentations, products and services that are designed to enhance the quality of life for our senior population. There will be a free box lunch given to the first 400 attendees. If you have any questions, please contact Vernon Senior Center.

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# Tolland County Agricultural Center, Inc.



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In 1956, Tolland County leaders in 4-H, homemaking and agricultural programs and 10 farmers who mortgaged their farms founded and incorporated the Tolland County Agricultural Center. Commonly known as TAC, it is a private non-profit 501(c)(3). In 1957, the Town of Vernon agreed to sell a 32-acre tract of land previously known as the Town Farm property to TAC for \$10,000.

The current Activities Building was constructed in 1959 with the help of a local carpenter and the assistance of volunteer labor. In 1959, the Tolland County 4-H Fair permanently moved to this site. The main office building was completed in 1961. The offices are currently rented by the University of Connecticut Cooperative Extension Service, which includes the 4-H program, the Pesticides Management program, the Master Gardeners and the SARE program. The North Central Conservation District of Connecticut and the Eastern Connecticut RC&D maintain offices in this Elliott Building.

The other buildings were constructed during the 1960's, 1970's and 1980's. The 32-acre grounds include two outdoor horse show rings, four livestock buildings with one indoor show ring, and outdoor open pavilion. These facilities are used for events such as the annual Sheep and Wool Festival, Tolland County 4-H Fair, dog shows, Envirothons, Master Gardener courses and numerous 4-H club meetings. Projects on the grounds include demonstration gardens, flower garden labyrinth that blooms in the Spring, grass demonstration plots and a nature area with walking trails.

Keeping with TAC's mission, \$1,000 in Scholarships are awarded annually to students pursuing courses of study in either Agriculture or Family Studies. We hope you will come and enjoy an outing this summer or fall. Events include horse shows, the Tolland County 4-H Fair, dog shows and other programs of interest. Website: [TollandCountyAgriculturalCenter.com](http://TollandCountyAgriculturalCenter.com). Member Vernon Volunteers' Collaborative.



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## West Main Street Bridge

### Before & After



Before Construction



After Construction

Replacement of the West Main Street Bridge began in April of 2014. Even though the construction was not complete until recently, the work was sufficiently complete to allow the bridge to open to traffic during the winter. We would like to thank everyone for their patience while the bridge was out of service. Eighty percent (80%) of the construction cost of approximately \$2,000,000 was paid for by Federal funds. We are planning a formal ribbon cutting in the near future.

## Ray Page Plumbing 2<sup>nd</sup> Annual



Join Ray Page Plumbing, INC., and their 2nd Annual Beard Competition. ALL money donated goes directly to KIDSFACT. This is Ray's charity of choice, and he decided to start a fun way to raise some money for them! Ray has fun growing a beard himself, but does not enter the contest. Last year they had a great turnout and raised a good amount for Kids and families in CT. It was limited to just CT, though.

This year the contest is open to anyone and everyone who wants to participate. The contest runs from September 1st, to November 17th, 2015. Lots of fun, great prizes and donations are anticipated! Every little bit counts, and we hope regardless if you enter the contest or not, that this will inspire you to make a donation to KIDSFACT.

To learn more about this non-profit organization please visit KIDSFACT.ORG. To learn more about the competition find Ray on FACEBOOK by searching: Ray Page Plumbing INC or email: Raysbeardcontest@gmail.com. We hope you can join us and help raise some money for KIDSFACT. RayPagePlumbing.com, or Find us on Facebook!

## Essex Printing Wins 2015 Award of Excellence

For the past 3 years Essex Printing has been honored to be a multiple award winner for its quality of printing from the Print Industry of America (PIA) and the Print Industry of New England (PINE).

In 2014 Essex Printing received the highest award from PIA the International Bennie Award.

Winners are considered "The Best of the Best" in the printing industry.

Below Lisa Reneson from Two Sisters Design, and Bill McMinn from Essex Printing, are shown with Lisa's book "Simple Pleasures." It was recognized by PINE for its outstanding print quality and awarded the 2015 Award of Excellence.



An advertisement for Ray Page Plumbing, Inc. It features a cartoon illustration of a man with a beard and glasses. The company name "RAY PAGE PLUMBING, INC." is written in large, bold, red letters. Below the name are two phone numbers: (860) 916-0044 and (860) 926-4842. To the left of the phone numbers is a "ACCREDITED BUSINESS" badge with the BBB logo. To the right are logos for VISA, MasterCard, and DISCOVER. A yellow banner at the bottom right contains text: "Find us on Facebook", "To learn more about our", "ANNUAL BEARD COMPETITION", "FOR", "KIDSFACT CT", and "Exchange Club Center for the Prevention of Child Abuse of CT, Inc". The background of the ad shows various decorated pipes.

# Union Church to Celebrate 125<sup>th</sup> Anniversary 9/19/15



"Weaving Goodness in Rockville for 125 Years" will be the theme of a multi-media sight

and sound Gala on Saturday, September 19 at 6:30 pm in the gorgeous 600-seat sanctuary at Union Church, 3 Elm Street in the Rockville section of Vernon. The anniversary celebration will trace the genesis of Union Church, from mid-September of 1890 when the huge granite structure was dedicated, to the present, with a glimpse into the future. The event is free and open to the public. Dress is casual.

"This event will appeal to a broad spectrum of local citizens, from kids to seniors" says organizer Drew Crandall, who will serve as emcee dressed as the Rev. James Dingwell, the first pastor of Union Church. "First, people who have been affiliated, connected

with, or touched by Union Church will enjoy this unique celebration and family reunion. Second, people with a passion for Rockville history will be intrigued by this fascinating journey through time. Third, people who are just looking for a fun, family-friendly Saturday night out will find this event very uplifting."

The Gala will include majestic music on the pipe organ, singing by the choir, upbeat contemporary worship music by the praise band, live dancing with flags, slide and video presentations, and cameo appearances by a variety of guest speakers. During the intermission, guests will be able to view a series of displays in the chapel that provide a visual history of Union Church. The Gala will conclude with an unforgettable and inspirational finale. For details, please call the church office at 860.875.2559 or visit Union Church.us.



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## Skinner Road School Award

The Alliance for a Healthier General was founded by the American Heart Association and the Clinton Foundation to reduce childhood obesity. The Alliance's Healthy Schools



Program is an evidence-based initiative that creates and sustains healthy environments where students can learn better and flourish. The Alliance Program works to help schools improve physical education, health education, and nutrition and has impacted more than 17 million students nationwide.

Skinner Road Elementary School has achieved the Silver Award status in the Healthy Schools Program. To reach the Silver Award Level, Skinner Road School had to meet the Alliance standards in seven areas: Wellness Policies, Snacks and Beverages, Breakfast and Lunch, Health Education, Physical Education, Physical Activity, and Employee Wellness. In 2014, Skinner Road School met the standards for a Bronze Award. Next year, Skinner Road School is hoping to go for the Gold Award!

The Skinner Road staff, parents and students have always worked to promote health and wellness within the building. Every two weeks, weather permitting, the students who are



bussed are dropped off at two locations and the entire student body walks to school. Mr. Uthgenannt, the Physical Education teacher, offers numerous after school activities for the students. These activities include tennis, running club,

games galore, cardio club, volley ball, and numerous other physical games and skills. In addition, Skinner Road School has a marathon club that has run the Hartford Marathon for the past 7 years.

Skinner Road School is involved and partnered with our district Wellness Committee and the Vernon Public Schools Food and Nutrition Services Department to ensure healthy food options for our students. Partnering with Food Corps, which is hosted by the UCONN Extension College of Agriculture, Health and Natural

Resources, the students have developed a community garden. Skinner Road School staff engage in a variety of wellness activities for staff and students.

Mr. Eric Uthgenannt has been invited to Capitol Hill this September to speak to Congress about Skinner Road School's accomplishments. Mr. Uthgenannt will then accept the Silver Award on behalf of Skinner Road School.



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